Backpack 1. 50 to 70L sturdy quality backpack. Durable second hand is fine. Ensure the bag has secure sternum strap, padded waist straps and padded shoulder straps so you can handle up to 20-25kg weight. A zipped rain cover at the base is preferred. Good straps on the bag that help to attach items to the outside are useful. Estimated $60-200. Sleeping 2. -2 to -5 degree Celcius sleeping bag (winter rated but as small as possible). Stuff into the bottom of the backpack. Estimated $30-100. 3. Good quality 2 person tent with waterproof fly and 8-12x durable tent pegs (some are very flimsy and should be replaced with stronger ones from a camping store). Estimated $30-150. 4. Exercise mat in neutral colour (to not attract attention), used as a sleeping pad. Estimated $20. --- For Your Consideration --- 4 5. Nylon clip retention straps 4x, to attach the tent, or the exercise mat to the backpack. You can use cheap belts or anything else as an alternative. Estimated $20. 6. Wool or polyester blanket, if your overall pack is not too heavy, attach to the outside of the pack with retention straps. This can be stuffed inside the sleeping bag when sleeping or put over top. Wool is flame resistant and more durable and is preferred but polyester dries faster and can be less itchy, choose either. Estimated $20-50. OR 7. Nylon fabric hammock with 100+kg weight capacity (not a braided rope hammock) and rope to secure to trees (most come with a small amount of strong cordage you can supplement with more from your pack). Estimated $30-50. 8. Full size mosquito net. Estimated $15-30. Items 7 and 8 can be substituted for 3 and 4, the tent and exercise mat. The hammock and mosquito net take up less room in your bag but can only be setup where there are two tying points (trees or other secure objects). The tent gives the ability for two people to sleep inside whereas the hammock allows only one. If you have the tent you don’t need to use the tarp which can be made into another shelter, but if you use the hammock you will need to setup the tarp overhead. Choose based on your preference and bulk/weight of your pack. Shelter 9. 10x12ft or 3x3m tarp. Good quality (in green or darker colour) in either waterproof treated nylon or durable poly tarp (over 100 grams per square meter). Estimated $25- 60. 10. 100ft of paracord or similar. Paracord is parachute cord which can take a load of up to 250kg and contains 7 inner white strands which can be used for sewing or small tying jobs. Estimated $20-30. 11. Separate lengths of paracord to secure tarp, in lengths 3m x4 and 10m x1 (for ridgeline). When setting a tarp, tie a ridgeline first between the trees, pull the tarp over this and secure each corner with rope to an object, rock, peg etc. You can set the tarp in a diamond shape which can give more weather coverage in stormy weather for a hammock. If it rains try to collect water from your tarp and fill up all your water bottles and any water storage. Water 12. Small high capacity Water filter, good quality. Examples are Sawyer and Katadyn with a filter range of less than 0.2 microns and 500L+ capacity. Estimated $50-200. 13. 1 litre BPA free plastic or stainless steel water bottles 2x, with secure non-leaking lids. Ensure to have at least one stainless steel water bottle or stainless steel nesting cup so you can also boil water with it. Estimated $20-40. 14. Small stainless steel cooking pot, with lid and handle (avoiding any plastics which may scald over fire). Fill the inside with items to save space. You can use this to cook and boil water. Estimated $20-

40. 15. 15L PVC waterproof dry bag, this can be rolled up to take up little room and can be used to hold 15L of water as a bucket. Get a strong one that isn't likely to leak. Estimated $30-50. --- For Your Consideration --- 5 Fire 16. Fire steels 2-4x. These are ferrocerium rods which when scraped with a striker will create a shower of sparks that can light tinder fire material. Estimated $20-60. 17. BIC lighters 4x, or lighters of good quality. Estimated $12. 18. Cotton wool balls soaked in vaseline 20x, store in a zip lock bag, each ball will stay alight for 1 minute and are good fire starters. Estimated $5. 19. Large magnifying glass, snap handle off to save room and keep protected in a small sock, used to start fires in sunny conditions without using up your other sources of fire starting. Estimated $2. 20. Small metal lolly tin, empty tin and puncture a small hole into top with a nail. This can be used to create char cloth, a good firestarter from 100% cotton scraps. Estimated $2. Tools/Miscellaneous 21. One or two sets of stainless cutlery, fork, knife and spoon. Can use a lighter version. 22. Carabiners 2-4x, useful for attaching items or carrying water bottles etc. Can obtain climbing grade ones but they are more expensive. Estimated $10-40. 23. 3x small shaving bags or pouches. Can use small pencil cases or any small pouch to organise and keep your items in. Estimated $3-10. 24. Hand sewing needles x40, a few curved needles. Estimated $4. You will break some inevitably. 25. 100m braided fishing line 15-20lb black. Very good and strong sewing thread. Can be used for bow strings. Estimated $4. 26. Roll of waterproof duct tape, good quality. Compress so it takes up less room. Can repair holes in your tarp etc. Estimated $10-20. 27. Needle nose pliers or Leatherman with pliers, get a good quality brand. Good for fencing, can cut and twist wire, useful for sewing. Leatherman is useful for various tasks. Pliers estimated $30, Leatherman is estimated $80-150. 28. Folding hand saw, bahco or cyclone brand. Very useful for creating shelters. Estimated $30. 29. Bushcraft knife, 4-7 inches in a good quality steel. Ensure the knife is full tang (steel running the full length of the knife). Some good quality steels are Aus-8A, VG1, 01 tool steel, 1095 or others. If you get a carbon steel knife be sure to keep it oiled. Oil even the stainless knives. Essential for many tasks. Estimated $50-150. 30. Hatchet or 18 inch machete, ensure good quality, sharpened and oiled. You can fell small trees with the axe or machete (easier with axe). Machete can be used well to clear vegetation. Ensure a good quality secure sheath for the machete. If you do not have an axe head sheath you can wrap the axe in a tea towel and secure with cordage. Estimated $30-60. 31. Small digging mattock, very useful for digging for insects/grubs etc. Remove the end from the handle to store easier in your pack. Estimated $15. 32. Small sharpening stone, good quality. Estimated $15. 33. Compass, with backup small magnifying glass with ruler. Estimated $10-30. 34. Maps of your region, nearby forests. Estimated $10-15 each. 35. Small SAS Survival Guide or small survival book, or you can print out my survival book, put in plastic pockets and put in your pack. 36. Small book on edible weeds for your region, edible weeds are highly nutritious and combined with insects can form a simple and rich diet. A good book for Australia is The Weed Forager's Handbook, otherwise my survival book contains a list of edible weeds. Estimated $20. --- For Your Consideration --- 6 37. Small

shoulder bag with zipped compartments, folds flat and useful for carrying basic items, putting insects in when your main pack is left at camp etc. Fold up and store. Estimated $10. 38. Small AM/FM radio. Can listen to emergency stations etc. Estimated $20-30. 39. Small hand crank or solar lantern. When batteries run out and if you don't have a small recharging kit. Estimated $30-50. 40. Hand Crank or solar torch. Estimated $20-40. OR 41. Torch waterproof AA or AAA. Estimated $20-50. 42. Head torch waterproof AA or AAA. Estimated $25-50. 43. Spare batteries AA or AAA 10x. Keep in zip lock bag to ensure they stay dry. Alkaline will last longer but if you have recharging capability get rechargeables. Estimated $20-35. 44. Small folding solar panel or solar power bank (optional), Goal Zero sell small 5w solar panels and a plug in AA and AAA battery recharger. Estimated $100 for both. Gives ability to recharge AA and AAA batteries. Otherwise just keep the torches and some spare batteries. The batteries will run out but will be useful for a short time. If you have the crank or solar lantern you will have light and don't need to carry the torch, head torch or batteries. You decide what you prefer. Fishing 45. 50-100 pack of various sized fishing hooks. Empty from container and put in small zip lock bag to save room. Can put a dab of oil to prevent rusting. Estimated $5-10. 46. Pack of small sinkers. Estimated $4. 47. 6 floats. Estimated $5. 48. 400m 20-25lb fishing line. Estimated $4. 49. Yo-yo fishing lures x6, look these up online, they are like fishing traps which once the fish takes the bait will pull them up to collect later. Alternative is to just create fixed baited lines. Estimated $30. 50. Folding yabbie traps 4-6x. There are small ones that fold down in a small area you can slide down the back of the backpack, not taking up much room. These can be set in dams or slow moving streams. Estimated $20-30. 51. 2m x 6m bird netting, or similar size, high quality UV resistant. Shouldn't take up too much room and can be used as fishing net. Optional. Estimated $15. 52. Small pond net, can aid in catching flying, jumping insects with this. Doesn't take up much room. Estimated $5-10. Medical 53. Tooth brush. Estimated $3. 54. Small amount of tooth paste. Estimated $5. 55. Floss. Estimated $3. 56. Small squeeze bottle with securely capped lid. Help you to clean after going to the bathroom outdoors when toilet paper runs out. Estimated $4. 57. One roll of toilet paper, cardboard removed and compressed and in a zip lock bag. 58. 6x high quality P2 or above welding fumes rated dust masks. Compress their size and store in zip lock bag. There may be debris, smoke or ash in the air, these are very useful. Estimated $10-15. --- For Your Consideration --- 7 59. Medium sized pouch to hold the medical items. Estimated $5-10. 60. Non-stick wound dressing pads x8. Estimated $8. 61. Butterfly wound closure tabs x10. Estimated $5 62. Gauze bandage 4x rolls. Estimated $5-10. 63. Roll of exercise tape tan in colour, very sticky. Estimated $5. 64. Roll of sticky medical tape. Estimated $4. 65. Suture kit x2 non-absorbable. Can use braided fishing line if you don't have this but ensure you have some curved needles which will be easier to use. Estimated $20. 66. Forceps, useful for suturing and can clamp tight and lock into place to stop certain bleeding, can use pliers instead. Ensure any instruments used in medical applications are sterilised (boil in water for 3-5 minutes). Estimated $10-15. 67. Tweezers. Estimated $4. 68. Full size nail clippers. Estimated $3. 69. Small

but strong medical scissors. Estimated $5. 70. Small folding mirror (optional). Estimated $2. 71. Small tube of betadine antiseptic cream or similar. Estimated $8-10. 72. 100-250g sodium ascorbate (vitamin C), very useful for boosting immune system, dealing with sickness and other uses. Estimated $15-30. 73. 100-200g of pink sea salt, containing minerals and essential salt the body will need to replenish from dehydration. You can obtain salt from animal blood so be sure not to waste it if hunting. Estimated $10. Food 74. Pre-packaged 80-120g pasta like carbonara x6, four cheeses etc. This is calorie dense but light weight food since most of the moisture is removed. Consider light weight but calorie dense food. A jar of peanut butter can be good calorie dense food but know that even if you dedicated more room in your pack to carrying more food, it will soon run out within 3-5 days. I prefer to pack more tools and useful items in my pack since I already know I will have to find food. I would pack more water than 2L if I had spare room in my bag, or if others had spare room. Be sure to eat edible weeds and insects which are nutritious and calorie dense. Then supplement this with hunting, snaring, trapping, fishing and foraging. Do not eat mushrooms. Do not eat plants you cannot identify with certainty. If you get sick eating something, pound up some charcoal from a fire and drink this down with water, repeat if necessary. It’s a good idea to have some pre-crushed charcoal on hand encase of poisoning (hospitals use charcoal to counteract alcohol poisoning and pharmaceutical overdoses, it works the same with other poisons). Estimated $10-20. Clothing 75. Waterproof gaiters, these fit over your good quality hiking boots to keep your socks/pant leg dry and provide an additional protection for snake bite. Estimated $20- 40. 76. 15L waterproof dry bag, store your spare clothes inside this and attach and secure on the outside of your pack. Estimated $20-40. 77. Handkerchief x4, 100 percent cotton heavier weight. Useful for various things, filtering water through, drying yourself etc. Estimated $5-10. 78. Leather gloves 1-2x pairs, good fit and durable. Estimated $10-40. 79. Clear safety glasses, and well-fitting with retention cord, essential when chopping/splitting wood to protect your eyes. Estimated $10-20. 80. Waterproof pants, can fit over your pants, ensure of good quality. Estimated $40-80. --- For Your Consideration --- 8 81. Waterproof jacket, ensure good quality, over 10,000mm waterproof rating and 5,000mm breathability rating is best. Obtain what you can. Estimated $60-120. 82. Waterproof hat. Estimated $15-30. 83. Spare wool/nylon socks x2, durable socks that last a long time. Estimated $20-30 84. Top and bottom thermals in polyester or merino wool. Optional. Estimated $40-60. 85. Spare underwear x2. Estimated $10. 86. Spare long sleeve shirt, durable and to protect from sun and keep you cool. Estimated $15-30. 87. Spare short sleeve shirt. Estimated $5-10. 88. Spare durable outdoor pants, military style BDU’s are good or other type. Estimated $30-50. You should set aside a set of your preferred clothing next to your LOF bag, ready to go. That way you can quickly put on your leather boots, gaiters, outdoors pants with leather belt, shirt, and fleece (polyester) jumper, pick up your pack and leave. You can keep your jumper inside or attached to your pack if it is too hot to wear. You have a spare set of clothing inside the LOF bag. You can boil water and clean your underwear/socks and alternate pairs. You have sewing materials to repair any

damaged clothing. Self-protection/hunting You already have a bushcraft knife and either an axe or machete. You can make a spear from a 2 inch thick sapling of appropriate height and sharpen the end and finish by rubbing on a log to blacken the tip. The spear can be hardened by drying near a fire. The spear doubles as protection from wild animals, stray and hungry dogs etc. and as a walking stick over uneven terrain. Cover the sharp tip when not in use and be careful to not injure yourself or others. Firearm; if you have the appropriate licence and ensuring you are meeting with the appropriate legal requirements of storage and possession, a .22 calibre rifle would be a good rifle in a survival situation for hunting small game and a short bipod with a 3x9 scope will help to ensure an accurate and ethical kill. The .22 ammunition is light weight. Be careful as a .22 rifle is deadly and can easily kill (it is a calibre often taken lightly). Simplified LOF bag item list This is a simplified list for a simplified LOF bag. This can be helpful for younger people or those who wouldn’t be able to carry a heavier pack over 15kg. Refer to the above items for specifics. 1. Sleeping bag. 2. Tarp. 3. 100ft Paracord. 4. 15L PVC waterproof dry bag. 5. Water filter. 6. Small stainless steel cup or pot. 7. 2x 1L water bottles, either stainless steel or BPA free plastic. 8. Items under the fire section. 9. Bushcraft knife. 10. Small digging mattock. 11. Folding hand saw. --- For Your Consideration --- 9 12. Compass. 13. Map of region (if others with you don’t have). 14. Sharpening stone. 15. Basic medical kit. 16. Hand crank lantern or torch. 17. Fishing hooks. 18. Fishing line. 19. Small pond net. 20. Tooth brush. 21. Squeeze bottle. 22. Roll of toilet paper. 23. Waterproof pants. 24. Waterproof jacket.